What’s on

Week 7, 3 September 2015

4 September   Father’s Day BBQ & Preschool Father’s Day Morning
              National Footy Colours Day
              Google Apps Info session 9:40am in library

7 September   Junior Swim School (K-1) begins
              Target Kids Teaching Kids Conference

11 September  “The Cranky Bear’ Canberra Theatre – Preschool
              School Banking Visitor

15 September  ‘Say No to Racism’ Yrs 3-6
              Science Fair entries due

18 September  Science Fair
              Walkathon
              Learning Journeys

Upcoming Events
22 September  Fresh Food Challenge – Preschool
23 September  5/6 Market Day
24 September  Fresh Food Challenge - Preschool

Notes Home
Chicken Pox note
Learning Journey Invitation
Target Kids Teaching Kids Conference (classes 3/4CC & 3/4CL)

Reminder:
Tomorrow is the Father’s Day breakfast and maths games. We are all looking forward to seeing you there.
We will also be running along with the SRC, a ‘Footy or sporting colours’ day for a gold coin donation. The donations will go to the Cancer council. This is in support of Ryan in year 4 who is undergoing treatment for cancer.
Thank you for supporting this very important event.
Learning Journeys
Learning Journeys will take place on Friday 18 September. Classrooms will be open from 8:30am-9:30am where students will be able to show you all the fantastic work they have been doing at school. The fabulous Science Fair projects (K-6) will also be on exhibition in the multi-purpose room. It will be open from 8.30am-10.00am and you will be amazed at the wonderful experiments and displays. Invitations will be sent home today.

Information regarding commencement of 2016
As the end of the year approaches, we are aware that families are beginning to think about and organise arrangements for 2016. The following information regarding the start of the 2016 academic school year may assist with your planning. At Palmerston our preschool and Kindergarten children will commence school on **Monday, 1 February 2016**. All other students new to Palmerston will commence on this day as well. The remainder of the school will commence their academic year on **Tuesday, February 2, 2016**.

Thank you,
Kate Flynn

National Footy Colours Day
Footy Colours Day is tomorrow, please remember to wear your favourite footy team colour and bring a gold coin donation to help fight cancer.
Absence Notes
It would be appreciated if families could please include the following details when sending an absence note to school:

Child’s full name
Class (please specify year level) eg. 34GS, year 3
Reason for absence

This would greatly help with our administrative processes.

5/6 PoD ‘Rabbit Proof Fence’
The 5/6 classes will be viewing ‘Rabbit Proof Fence’ in week 10. This is a PG rated film. If you do not want your child to view this film, please notify your child’s teacher. Permission notes are on Palmerston’s website: Rabbit Proof Fence note

P&C News
Father’s Day Stall and BBQ
Tomorrow is the Father’s Day Stall and BBQ and you are invited to attend a breakfast, get your shoes polished and participate in playing maths games with your child.
A range of breakfast foods such as halal sausages and pancakes, as well as a complimentary shoe polish will be provided on the blacktop from 8:15am.
After morning lines all parents are invited into their child’s classroom to participate in a variety of mathematics games from approximately 9:00am-9:30am.
If anyone is available to help please come on the day.

Book Club

Book Club orders are due in tomorrow.
There is a very special banking representative coming to Assembly on Friday 11 September to talk to us about school banking.
Athletics News

On 18 August 2015, the North Gungahlin Athletics Carnival was held at the AIS Athletics Track. A number of 8-12 year old students from our school proudly represented PDPS at the carnival in a range of track and field events. The cheering and chanting from PDPS students could be heard all over the field – it was great to see so much support amongst the students. Four of our athletes qualified to participate in the ACT Athletics Carnival that will be held on 15 September 2015:

Tiannah – girls 12 yrs - 100m, 200m and 800m sprint
Amelia – girls 12 yrs - shot put
Dakodah – girls 11 yrs - discus throw and shot put
Anushka – girls 10 yrs – 100m sprint

Congratulations to all of our representatives and good luck to those competing in the ACT Athletics Carnival.

Athletics Committee
5 Healthy Eating Tips

1. Little by little
You can improve your eating habits one meal at a time. If you do this, you’re more likely to last than if you suddenly overhaul your diet. Start with the most important meal of the day: check out our easy breakfast recipes for ideas.

2. Snack swaps
Peckish between meals? Try these simple swaps for snack time:
- swap chips for nuts or unbuttered popcorn
- swap lollies for fruit
- swap store bought muffins for raisin toast.
Check out our snack recipes for more ideas.

3. Get fat savvy
Cutting down on saturated fat is really important. Make it easy by:
- swapping butter for margarine
- switching to low- or reduced-fat milk, cheese and yoghurt
- trimming fat off meat
- cutting back on biscuits, cakes and pastries
- eating less fried food; when you do have anything fried making sure it’s cooked in healthier oils, such as canola or sunflower or peanut or olive oil.

4. Up the vegies
Struggling to get enough fruit and vegies? Take it one meal at a time! Start by topping breakfast cereal with fruit. Move on to lunch by adding salad vegies to last night’s leftovers. And for dinner add an extra serve. You can make this easy by adding that extra serve from items you have in your pantry or freezer, e.g. frozen peas zapped in the microwave or canned corn (no added salt) heated in the microwave.

5. Portion caution
Big portions can also affect your weight. Bigger dinner plates encourage bigger portions, so switch to smaller plates! When cooking, use measured quantities. Make sure you know your serves.
Strawberry muffins

These fruity muffins are best served warm. Why not add a dollop of low fat Greek-style yoghurt or reduced fat ricotta?

Makes 12
Cooking time: 18-20 minutes

Ingredients

2 1/2 cups self-raising flour, sifted
1/2 cup brown sugar
1 cup skim milk*
1 egg, lightly whisked*
30g Tick approved margarine, melted
250g strawberries, washed, hulled, diced (see Tip)
2 tbs flaked almonds*
1 tsp icing sugar, to serve (optional)
Reduced fat ricotta* or lowfat Greek-style yoghurt, to serve (optional)

*Products available with the Heart Foundation Tick. Remember all fresh fruit and vegetables automatically qualify for the Tick.

1. Preheat oven to 180°C fan-forced. Line 12 x 1/3 cup muffin pans with paper cases.

2. Combine the flour and, sugar in a bowl. Stir in the milk, egg and margarine then fold in the strawberries.

3. Spoon into cases and sprinkle with the almonds. Bake for 18-20 minutes or until cooked when a skewer inserted into the centre comes out clean. Dust with icing sugar and serve warm.

Tip: If you can't find nice, fresh strawberries try frozen ones instead.

For more information and recipes visit: Heart Foundation
SWISH Education workshops are taught by qualified and experienced teaching professionals. SWISH workshops are designed for gifted children and children that need and want more than just childminding.

29 Sept – 9 Oct / 8.30am – 5.30pm
Cost: $98 per workshop

CCB and CCR Approved

This holiday period we are offering workshops on topics such as Forensics, Robotics, Biology, Physics, Chemistry, Anthropology, Geography, Geology and more for students in Kindergarten through to year 6.

For more information please phone the Education Director on 0412 402 204 or Operations Director on 0488 265 122, Bookings taken via the website at:

www.swisheducation.edu.au
WAREHOUSE CIRCUS

Holiday Program

Juggling • Acrobatics • Stilt Walking • Hula Hoop
Plate Spinning • Staff • Poi • Trick Sticks • Diabolo
Trapeze • Lyra • Tissu • Chinese Pole • Unicycle
Mini Tramp • Adagio • German Wheel

For students 5-7 years and 8-14 years who want to learn new circus skills or upskill in a fun active program!

Week 1: Tues 29th Sept - Fri 2nd Oct 8+yrs (Chifley & Kaleen) $280
Week 2: Tues 6th - Fri 9th October 8+yrs (Chifley & Kaleen) $280
NEW Tues 6th – Fri 9th October (5 – 7yrs) (Kaleen) $145

Warehouse Circus Chifley » Chifley Health and Wellbeing Hub
4/70 Maclaurin Cres, Chifley ACT
Warehouse Circus Kaleen » University of Canberra High School Kaleen
104 Baldwin Drive, Kaleen ACT

Enrol Now!
Email: programs@warehousecircus.org.au
Phone: (02) 6260 3626
www.warehousecircus.org.au
TRANSITION TO KINDERGARTEN SEMINAR

Why is it important to be engaged with my child’s school?  
How can I support a smooth transition from preschool to kindergarten? 
How do I build a relationship with my child’s school if I work full time? 
What can I do at home to help my child’s preparation for kindergarten? 
What’s the difference between parental involvement and parental engagement?

Does your child start kindergarten next year? Would you like some tips on how to help your child experience a positive transition to kindergarten?

OUR EXPERT PRESENTERS
Kate Woods, Manager of Early Years, ACT Education and Training Directorate and Melanie Thompson, Early Intervention and Prevention Projects Manager, ACT Community Services Directorate.

When: 7pm - 8.30pm, Thursday 10th September
Where: Hedley Beare Centre for Teaching and Learning, 51 Fremantle Drive, STIRLING, ACT 2611
RSVP by: Tuesday 8th September
info@canberrapreschools.org.au

A joint initiative from:

ACT Government
Australian Early Development Census
Canberra Preschool Society
Proudly coordinated by Canberra Preschool Society.
What's coming up in Canberra ...

Friday night ‘Gifted Teen Hang Out’
An opportunity for gifted students who are in Years 7-12 to hang out and be with others of like mind.
**COST:** $20 per student – please pay at door

**DATE:** Friday 11 September
**TIME:** 7.00pm – 9.00pm

**Stress Ace AM/PM**
**DATE:** Saturday 5 September
**TIME:** AM: 10.00am – 12.30pm, PM: 1.30pm – 4.00pm

**Making and Keeping Friends 5 – 8 year olds**
******BOOKED OUT******
**DATE:** Sunday 20 September
**TIME:** 9.30am – 12.00pm

**Managing Big Emotions 5 – 8 year olds**
**DATE:** Sunday 11 October
**TIME:** 9.30am – 12.00pm

**Camp – “Step back in time”**
Workshops and activities will explore different times in history using the many interesting facts shared in the Horrible History Series - and more. Registration includes accommodation in shared bunk houses, all meals and all activities, workshops and materials. Most special dietary needs can be met. EARLY BIRD DISCOUNTS END 31st JULY 2015
**DATE:** Fri 23 Oct – Sun 25 Oct
**TIME:** 7.30pm – 2.00pm

**Sunday Games Group**
Gifted families with children 5-12yo. Board games, challenges, craft, activities...
**COST:** $20 per family – please pay at the door

**DATE:** Sunday 13 September
**TIME:** 1.00pm – 3.00pm

**High School Study Skills**
**DATE:** Saturday 19 September
**TIME:** 10.00am – 4.00pm

**Social skills course 8 – 12 year olds**
(Includes Making and Keeping Friends & Managing Big Emotions)
**DATE:** Saturday 10 October
**TIME:** 10.00am – 4.00pm

Assessments and consultations.
To organise a Comprehensive Developmental Assessment or IQ and achievement test contact us.

TO BOOK: head to our website and click on the link...
http://australiangiftedsupport.com/act-programs-and-services/

Facilitator: Lyndal Reid

If you would like to attend any of these events, wish to have your name added to our email database to be informed of all events coming up, or just want more information, please email agscact@gmail.com or ring or text Lyndal Reid on 0408 436 182

http://australiangiftedsupport.com
http://australiangiftedsupport.com/act-programs-and-services/